

Pick Yourself Up

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Count: 64

Wall: 1

Level: Phrased Improver

Choreographer: Dianne Evans (Oct 2013)

Music: Pick Yourself Up by Nat King Cole (Nat King Cole and George Shearing)

Alt Tracks:-

Pick Yourself Up by Marci Haus (Do it Again)

Pick Yourself Up by Lukie D (International Reggae)

All tracks start on vocals 32 counts in and all can be purchased on Amazon

Part A: 32 Counts

A1: Right lock, step left lock, step rock recover $\frac{1}{2}$ shuffle turn

- 1 2&** Step forward right, lock left foot behind right, step right beside left
- 3 4&** Step forward left, lock right foot behind left, step left beside right
- 5 6 7&8** Rock forward right, recover back left, step $\frac{1}{4}$ turn right on right, close left foot beside right, step forward $\frac{1}{4}$ turn right on right

A2: Cross over, side, behind and heel, step cross, side, sailor $\frac{1}{4}$ turn right

- 1 2 3&4** Cross left foot over right, step to side on right, cross left behind right, step right beside left, place left heel to left diagonal
- &5 6 7&8** Step left beside right, cross right over left, step to side on left, step right behind left, step left beside right making $\frac{1}{4}$ turn right, step forward right

A3: Step forward left, $\frac{1}{2}$ turn right, shuffle $\frac{1}{2}$ turn right, sweep behind side and cross shuffle

- 1 2 3&4&** Step forward left, pivot $\frac{1}{2}$ turn right transferring weight onto right, step to side on left making $\frac{1}{4}$ turn right, close right beside left, step back on left turning $\frac{1}{4}$ right, sweep right foot round behind left
- 5 6 7&8** Step right behind left, step left to left side, cross right over left, small step to side on left, cross right over left

A4: Rock left recover, sailor cross, rock right recover sailor $\frac{1}{4}$ turn L

- 1 2 3&4** Rock left to left side, recover to right, step left behind right, side right, cross left over right

5 6 7&8 Rock right to right side, recover to left, step right behind left, step left beside right making $\frac{1}{4}$ turn left, step forward right

Part B - 32 Counts

B1: Left lock, step, right lock, step, rock recover $\frac{1}{2}$ shuffle turn

1 2& Step forward left, lock right foot behind left, step left beside right

3 4& Step forward right, lock left foot behind right, step right beside left

5 6 7&8 Rock forward left, recover back right, step $\frac{1}{4}$ turn left on left, close right foot beside left, step forward $\frac{1}{4}$ turn left on left

B2: Cross over, side, behind and heel, step, cross over, side, sailor $\frac{1}{4}$ turn left

1 2 3&4 Cross right foot over left, step to side on left, cross right behind left, step left beside right, place right heel to right diagonal

&5 6 7&8 Step right beside left, cross left over right, step to side on right, step left behind right, step right beside left making $\frac{1}{4}$ turn left, step forward left

B3: Step forward right, $\frac{1}{2}$ turn left, shuffle $\frac{1}{2}$ turn left, sweep behind side and cross shuffle

1 2 3&4& Step forward right, pivot $\frac{1}{2}$ turn left transferring weight onto left, step to side on right making $\frac{1}{4}$ turn left, close left beside right, step back on right turning $\frac{1}{4}$ left, sweep left foot round behind right

5 6 7&8 Step left behind right, step right to right side, cross left over right, small step to side on right, cross left over right

B4: Rock right recover, sailor cross, rock left recover sailor $\frac{1}{4}$ turn R

1 2 3&4 Rock right to right side, recover to left, step right behind left, side left, cross right over left

5 6 7&8 Rock left to left side, recover to right, step left behind right, step right beside left making $\frac{1}{4}$ turn right, step forward left

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